

ABSTRACT OF THE DISCLOSURE

5 A portable wrist resting pad for relieving and alleviating the strain and fatigue to
the wrist and arm from repetitive and continual use of a computer mouse and keyboard
includes a first support member for disposition on the desk surface, a second support
member mounted to the first support member and having a density less than the first
support member, and a wrist strap that extends outwardly from opposite ends of the
10 support members for encompassing the wrist and attaching the support pad to the wrist.
The wrist support pad elevates the wrist the appropriate distance from the work surface to
relieve strain and fatigue to the wrist and arm for preventing carpal tunnel syndrome; and
preferably one wrist support pad should be secured to each wrist to obtain maximum
benefit from the portable wrist rest pads.

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